

Women Warriors Newsletter

Women Veterans Program Providence VA Medical Center Rhode Island

Summer 2012

Providence VA Medical Center Welcomes New Gynecologist



PROVIDENCE, R.I. – Women Veterans in Rhode Island and Southeastern Massachusetts no longer have to travel to the VA Boston Health Care System for most of their gynecological care. That's because the Providence VA Medical Center recently hired a part-time gynecologist, Dr. Vinita Goyal.

Dr. Goyal joined the Department of Obstetrics and Gynecology at The Warren Alpert Medical School of Brown University as an Assistant Professor in 2009. She is one of the faculty members at Women and Infants Hospital where she teaches physicians and rotating medical students who provide obstetrical and gynecologic care. She earned a Bachelor of Arts degree in international studies from the University of Washington in Seattle and a medical degree from the University of Washington Medical School. She completed residency in Obstetrics and Gynecology at the University of Texas Health Science Center in San Antonio and also completed a Clinical Research Fellowship in Women's Reproductive Health earning a master's degree in epidemiology through the University of North Carolina at Chapel Hill.

Dr. Goyal will see patients at the Providence VAMC on Friday mornings and spends the majority of her time conducting reproductive health research among women Veterans. Dr. Goyal has already conducted several research projects and has published articles and given invited presentations. Her primary research interest is the current state of women's health services provided through the VA medical system.

"The addition of Dr. Goyal to the Women Veteran's Program at the Providence VA Medical Center compliments our Women's Health Program by providing much needed gynecology services for our Veterans," says Beth Grady, Women Veterans Program Manager. "We are totally committed to providing the best services to our women Veterans. The addition of gynecology is a key component to this commitment."

The Providence VA Medical Center's Women Veterans Program continues to make great strides in improving access to care and services for women Veterans and remains committed to meeting the unique needs of women Veterans. The Program offers high quality health care to women Veterans, while offering the privacy, dignity and sensitivity to gender specific needs that they deserve. **(Cont. last page)**





**Your Women's Health
Care Team**

Dr. Dawna Blake, Women's
Health Care Director

Pilar Capili, RN, Clinic Coordi-
nator

Beth Grady, LCSW, Women
Veterans Program Manager

Stacey DeOrsey, Social Worker

Catherine Peloquin, LPN

Laura Akinola, Patient Care
Assistant

Joan Bateman-Smith, Patient
Care Assistant

Yolanda Tangui, Patient Care
Assistant

Dr Jon Bas, Provider

Karen Chase, NP, Provider

Dr. Joan Karl, Provider

Dr Emily Levine, Provider

Joyce Simon, NP, Provider

Dr. Vinita Goyal, Gynecologist

Dr. Natalie Mariano, Hyannis
CBOC, Provider

Cheryl Collins, NP, Hyannis

Dr. Terri Tamase, Middletown
CBOC, Provider



From Tents to Tea: Future Dates!



From Tents to Tea

**Friday's October 26th, January 25th 2013 and
April 26th 2013 from 9:30 a.m. – 11:00 a.m.
PVAMC, 5th floor, classroom 3**

**Come and meet other women Veterans
while we celebrate you! Gourmet brunch and
free goodies provided!**

for a bistro reservation contact
Beth Grady @ 401-273-7100 ext 6191



*Our health always seems much
more valuable after we lose it.*

Unknown Author

**We're on the WEB! [www.providence.va.gov/
Women_Veterans_Program.asp](http://www.providence.va.gov/Women_Veterans_Program.asp)**



Numbers to Know; Numbers to Grow

Eligibility & Enrollments:
401-457-3300

OEF/OIF Program Manager:
401-273-7100, ext. 6137

Veterans CRISIS Line (formerly called the Mental Health hotline)
1-800-273-TALK (8255)

Telephone Assistant Program (TAP) Line
401-457-3336
1-866-590-2976

Homeless Resources
401-273-7100, ext. 3553

Hotline for Homeless Veterans
1-877-424-3838

State of Rhode Island Department of Human Services Division of Veterans Affairs
401-254-8460

Veterans Benefits Administration, Women Veterans Coordinator
401-223-3651

Human services and helping agencies
2-1-1

My HealtheVet: Eileen Kirshenbaum
401-273-7100 ext. 3693

VET CENTERS:
Warwick: 401-739-0167
New Bedford: 508-999-6920
Hyannis: 508-778-0124

Risks and Effects of Smoking

If you smoke, the VA wants to help you quit. The VA offers a variety of resources, including individual counseling, smoking cessation programs, and prescriptions for nicotine replacement therapy or other medications. Don't make smoking a lifetime habit. Let the VA [help you quit](#) today.

An estimated 174,000 women are killed each year by cigarette smoking, most from smoking-related lung cancer. Women who smoke also have a higher risk for infertility and pregnancy-related problems like pre-term delivery, stillbirth, and low birth weight. Further, babies of mothers who smoke are at a higher risk for sudden infant death syndrome (SIDS).

Avoiding second-hand smoke is also important. Pregnant women who are around cigarette smoke are more likely to have babies who are born prematurely or with low birth weight than women who are not.

Did you know?

- 2 days after you quit smoking, your sense of taste and smell improves.
- 1 year after you quit smoking, your risk of heart disease drops by half.
- 70% of smokers say they want to quit.

Learn more from the [Centers for Disease Control and Prevention \(CDC\)](#)* and the Health and Human Services [Report of the Surgeon General](#).*

Department of Veterans Affairs

Providence VA Medical Center

830 Chalkstone Avenue
Providence, Rhode Island 02908
(401) 273-7100

Hyannis CBOC

VA Primary Care Center
233 Stevens Street
Hyannis, MA 02601-3766
Phone: (508) 771-3190

Middletown CBOC

One Corporate Place
(West Main Road at Northgate
Road)
Middletown, RI 02842
Phone: (401) 847-6239

New Bedford CBOC

175 Elm Street
New Bedford, Mass 02740
Phone: (508) 994-5489

**Don't forget your
flu shot!!!**



Dr Goyal (Cont.)

“Currently, we have about 1400 women Veterans receiving care at the Providence VA Medical Center,” says Vincent Ng, Medical Center Director. “These women Veterans represent the full spectrum of our Veteran population, from World War II to returning OEF/OIF/OND Veterans. We have come a long way in caring for women Veterans and their needs, and we will continue to do so.”

To date, ten of our primary care physicians are designated Women's Health Providers and have the latest training in Women's Health. These providers attend specific training and conferences each year to keep up with the new trends and practices. In addition to comprehensive Primary Care, we also have a variety of other services available to include mental health and sexual abuse counseling. We also have special programs such as vocational rehabilitation, educational opportunities, links to job and career counseling, services for homeless Veterans, and the MOVE (Managing Overweight Veterans Everywhere) program.

Coming soon is a newly-designated women's health clinic. With an emphasis on patient safety, privacy, and dignity, the new clinic will allow for the same excellent, high quality, comprehensive primary care in a place that women Veterans can call their own. The Providence VA Medical Center is committed to providing the 'best care anywhere' as we continue to meet the current and future needs of our women Veterans.

For more information about the Women Veterans' Program at the Providence VA Medical Center, please contact Beth Grady at 401-273-7100, ext. 6101, or visit www.providence.va.gov.

The Providence VA Medical Center is committed to meeting the unique needs of women Veterans by delivering the highest quality health care to each woman, while offering her the privacy, dignity, and sensitivity to gender-specific needs that she deserves. Our full time Women Veterans Program Manager is ready to assist you in getting timely access to the health care you need. Beth Grady, LCSW, Women Veteran Program Manager, (401) 273-7100, ext. 6191

WOMEN VETERANS HEALTH CARE

*You served, you deserve
★ the best care anywhere.*

